

## Maury County Park Fall Movie Night

In September, Maury County Park hosted the first of two fall Movie Nights in Maury County Park thanks to the Friends of Maury County Parks.

Aimed at family-friendly fun, bring your lawn chairs, blankets and pillows on Friday, October 21 to watch *ET: The Extra Terrestrial* at the Babe Ruth ballfield in Maury County Park right across from Kids Kingdom playground.

Pumpkins will be given away while supplies last and bring the kids (12 & under) in costume to compete for prizes! Pappy's Porch Catering will be on site offering popcorn, drinks and snacks! No alcohol is allowed in our parks.

The movie is free, and will start at dusk. Parking will be available in the parking lot directly behind the field. Restrooms will be available.

Special Thanks to the Friends of Maury County Parks!

## Walk Across Tennessee

It's not too late to register for the Walk Across Tennessee program or to take advantage of the free classes! Register online at the Healthier Maury County Facebook page and get started logging those miles as an individual or as a team to make healthy strides toward a Healthier Maury County and win some prizes and earn recognition for your efforts. Just register, start walking and then log your miles. It's that easy. Awards for first, second and third place individuals and teams as well as random drawings from registered participants will be held at the finale on October 29<sup>th</sup> at Woodland Park. Classes will continue through the end of October. For a full list of events, log onto [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov). Here's to a healthier you this fall!



Walk Across TN is a program by the Healthier Maury County Committee of businesses, local agencies and service groups with the goal of creating a healthier community environment through fitness, nutrition and tobacco cessation.

*Come on, LET'S*  
**WALK**

**WHAT:** Walking Group

**WHEN:** Tuesdays & Thursdays  
beginning Sept. 13  
8:00 am

**WHERE:** Log Cabin  
Maury County Park

**WHO:** Free for everyone

MAURY COUNTY PARKS & RECREATION  
1001 Maury County Park Drive, Columbia, TN  
(615) 275-5653 [maurycountyparks.com](http://maurycountyparks.com)

**Tai Chi**

Free Classes – No Registration Necessary  
Tuesdays beginning October 4 through October 25  
5:30 pm  
Edward's Shelter - Maury County Park

- Gentle Exercise
- Low Impact
- Improves Flexibility
- Improves Balance
- Strength Building
- Eases Stress
- Beginners Welcome



MAURY COUNTY PARKS & RECREATION  
In partnership with YMCA of Middle Tennessee for Health-Instructor Katie Martin

## Bench Notes

October -December 2016



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### Welcoming New Members!

Find Friends of Maury County Parks on Facebook to find out how to help!

### Friends of Maury County Parks



### Maury County Parks & Recreation

Maury County Park Columbia   Williams Spring Park Mt. Pleasant   Chickasaw Trace Park Columbia   Hampshire Park Hampshire   Jerry Erwin Park Spring Hill

# Nature Storytime

## Park Office Closures

**November 11**  
*Veteran's Day*

**November 24 & 25**  
*Thanksgiving*

**December 23 & 26**  
*Christmas*

**January 2**  
*New Year's Day*

## Park Packs

MCP&R **Park Packs** are available for check-out Monday through Friday between 9 am and 3 pm at the Parks Office. Packs are available for Preschoolers, Elementary and Middle School-age kids in the following areas of interest:

Insects  
Birds  
Tracks/Wildlife  
Trees  
Explorer (STEAM)

## Events in our Parks

MCP&R's mission is to offer diverse calendar of special events, programs and outreach to the community.

We are thankful to have many community partners to facilitate our events.

To reserve pavilions or to schedule your event, contact us to receive the necessary paperwork or check availability by calling (931) 375-6101.

Events are also posted on the Community Calendar at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov).

Free monthly stories, hands-on activities and crafts in Maury County Park with a nature theme in the outdoors!

**October 5**  
**falling leaves**  
Stories & Crafts

**November 3**  
**who's sleeping?**  
Stories & Crafts

**December 1**  
**frozen**  
Stories & Crafts

Each storytime will be held at 10:30 am at the Kiwanis shelter in Maury County Park (next to Kids Kingdom playground)

## Programs & Special Events: Oct. - December

**Oct 1:** Trail Tales Book – *Goodnight Pumpkin* – Nature Trail at MCP #trailtales

**Oct 4:** Walking Group every Tuesday & Thursday in October at 8:00 am at the Log Cabin in Maury County Park.

**Oct 4:** Tai Chi for beginners every Tuesday evening at 5:30 pm at the Kiwanis shelter in Maury County Park. A 45-minute session introducing basic tai chi moves for stress relief and help for arthritis and diabetes.

**Oct 5:** Nature Storytime at the Kiwanis shelter in Maury County Park at 10:30 am. The theme is **falling leaves** with stories and making a leaf mobile and leaf etchings.

**Oct 6:** Animal show in Maury County Park! Bob Tarter from NHECM is back with desert animals like the red kangaroo, prairie dogs and more. Free to the public. In the Kiwanis shelter in Maury County Park at 6:00 pm.

**Oct 15:** Chickasaw Trace Hike at Chickasaw Trace Park at 10:00 am. Meet up at the field before the boat launch and experience a moderate hike along the River and Ravine trails. Register online at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov).

**Oct 21 – 22:** The miniature trains are back in Maury County Park for 2 days only, and giving rides to the public between 10:00 am and 2:00 pm. Sign the waiver and get in line by 1:30 pm or you won't ride.

**Oct 21:** Movie Night in Maury County Park! Showing the classic E.T. – The Extra Terrestrial. Pumpkin giveaways (while supplies last) and a costume contest for kids 12 and under! Free to the public. Gates open at 5:30 pm. Movie begins at dark (around 6:45 pm).

**Oct 29:** Walk Across Tennessee finale at Woodland Park. Like the Healthier Maury County Facebook page for more details.

**Oct 29:** WMS Spooktacular 5k at Maury County Park.

**Oct 29:** Motorcross Racing in Maury County Park. Gates open at Noon. For more information, log onto [www.maurycountyfair.com](http://www.maurycountyfair.com).

**Nov 3:** Nature Storytime at the Kiwanis shelter in Maury County Park at 10:30 am. The theme is **who's sleeping** with stories about hibernation and a bear cave craft.

**Nov 5:** Trail Tales Book – *There was an Old Lady Who Swallowed a Pie* – Nature Trail at MCP #trailtales

**Nov 19:** Maury County Nature Trail Hike at Maury County Park at 10:00 am. Hike the 1-mile and the new half-mile loop. Register online at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov).

**Nov 19:** SHHS 5k in Maury County Park.

**Dec 1:** Nature Storytime at the Kiwanis shelter in Maury County Park at 10:30 am. The theme is **frozen** with snow & ice stories with a snowflake ink blotch painting craft.

**Dec 3:** Trail Tales Book – *The Mitten* – Nature Trail at MCP #trailtales

*Other activities may be scheduled at a later date, and so may not be included in this newsletter. Be sure to check the County Calendar at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov) or the Maury County Parks & Recreation Facebook page for updates.*

## Maury County Parks & Recreation

1018 Maury County Park Drive  
Columbia, TN 38401  
(931) 375-6101  
(931) 375-6119  
[mcpr@maurycounty-tn.gov](mailto:mcpr@maurycounty-tn.gov)

### Website:

[www.maurycounty-tn.gov](http://www.maurycounty-tn.gov)

### Facebook:

[www.facebook.com/MauryCountyParksandRecreation](https://www.facebook.com/MauryCountyParksandRecreation)

### Instagram:

@maurycoparksrec

### Blog:

<https://maurycountyparksandrecreation.wordpress.com/>

## Senior Moment

Several nature centers, parks departments and senior centers have begun to adopt programs specifically for active seniors who love the outdoors.

This is a reaction to all the recent research showing how time spent in the outdoors decreases incidences of chronic diseases and lessens the likelihood of diabetes, high blood pressure and obesity. In addition to the obvious health benefits, seniors who socialize are more likely to live longer, more fulfilling lives.

As MCP&R is dedicated to providing recreational opportunities for all, if you are interested in forming a Seniors in Nature group, contact Michelle via telephone at (931) 375-6103 or email at [mkenley@maurycounty-tn.gov](mailto:mkenley@maurycounty-tn.gov).

# Let's Hike

Our #Lets Hike series continues through November with a few local hikes that focus on honing your skills – the first is scheduled for October 15 at Chickasaw Trace Park for 10:00 am. The next will be in Maury County Park on November 19.



#getoutside

### LET'S HIKE – OCTOBER

**WHEN:** October 15 at 10:00 am

**WHERE:** Chickasaw Trace Park  
Park in open field on right before the boat launch

**DISTANCE:** A moderate 3-mile hike along the River Trail and the Ravine Loop.

Recommended to wear appropriate closed-toe shoes for walking on uneven ground, bug spray and sunscreen.

Online Registration at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov)

### LET'S HIKE – NOVEMBER

**WHEN:** November 19 at 10:00 am

**WHERE:** Maury County Park  
Park in lot behind Babe Ruth ballfield across from Kids Kingdom.  
Meet at Bridle & Saddle shelter

**DISTANCE:** A moderate 2-mile hike along the Nature Trail.

Recommended to wear appropriate closed-toe shoes for walking on uneven ground, bug spray and sunscreen.

Online Registration at [www.maurycounty-tn.gov](http://www.maurycounty-tn.gov)

## Park Packs – Fall editions

Experience the park in a new way – through the **Fall Park Packs**! For ages ranging from preschool through middle school, Park Packs explore five nature themes: birds, insects, animals, trees and explorer.

Beginning October 15, the fall packs are available for daily check-out at the Parks Office between 9:00 am and 3:00 pm. Each pack is specially designed for learning about nature in the fall and winter. There will be at least one book included in each pack as well as several activities and crafts.

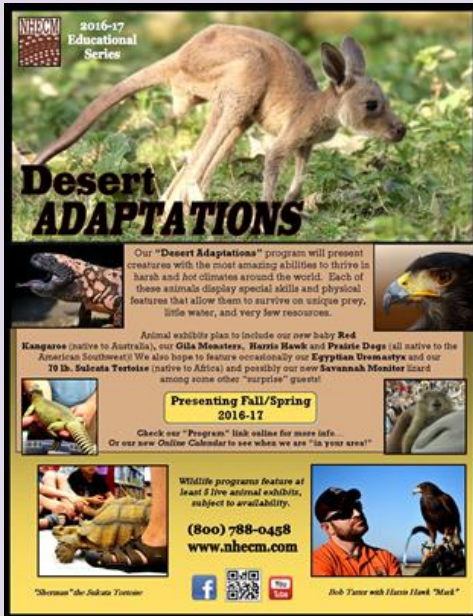
- **Tree** packs will have information on why leaves change color and have activities geared toward leaf identification.
- **Bird** packs have activities and information on migration and bird identification for those species passing through our region and those who overwinter in Middle Tennessee.
- **Insect** packs feature monarch butterfly migration, and how insects fit into our ecosystem.
- **Animal** packs focus on hibernation and identifying animal tracks in the winter, and even has a fossil component for the middle school grades.
- **Explorer** packs are all about science and art in nature with several fun activities and crafts.

The packs have all the materials needed to complete all activities for two children per pack. Stop by the Parks Office between 9:00 am and 3:00 pm, choose the pack(s) to check out, sign them out for the day and return to the Parks Office by 3:00 pm. Special thanks to the Friends of Maury County Parks and individual donors who funded the Park Packs!



# Animal Show!

We are pleased to bring back the folks from NHECM for the Desert Adaptions animal show scheduled for October 6 at 6:00 pm in the Kiwanis shelter in Maury County Park. This show is free to the public with no registration needed. Special thanks to the Friends of Maury County Parks, who made both animal shows this year possible!



Come out to see the red kangaroo joey, prairie dogs, gila monster, Harris hawk and more! Learn all about how desert animals live, where they live, and their special abilities. We are lucky to provide this quality program free to the public, so be sure to attend!

# Miniature Trains!

The miniature trains are back in Maury County Park for their winter meet and will be giving public rides on Friday, October 21 through Saturday, October 22. Rides are free, but all riders must sign a waiver and donations to the Mid-South Live Steamers club are accepted to help defray fuel costs.

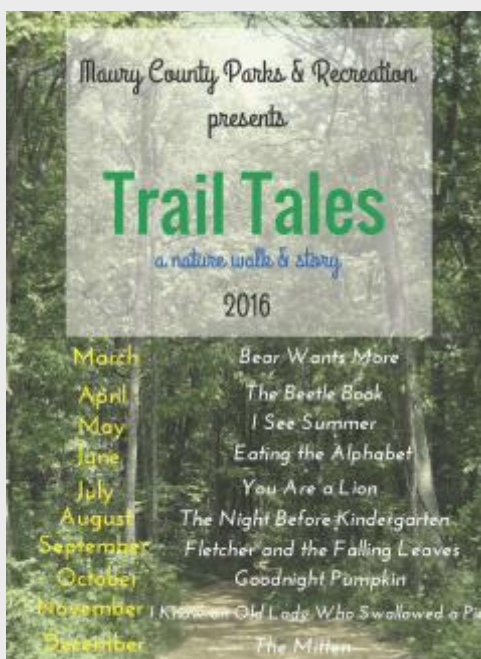
## Mid-South Live Steamers October 2016 Schedule

10/21/2016 – 10/22/2016

10:00 AM - 2:00 PM

[The release waiver table will close at 1:30 PM both days. No additional rides will be allowed in the station waiting line after 1:30 PM.]

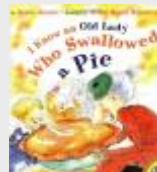
## Trail Tales 2016



### October Trail Tales – Goodnight Pumpkin



### November Trail Tales – I Know an Old Lady Who Swallowed a Pie



### December Trail Tales – The Mitten



## Park Radio 97.3 FM

Want the latest on what's happening in our parks? To find out, drive through Maury County Park and listen to the new Park Radio at 97.3 FM.

## Events Programs Partnerships Contests and More!

So, tune in the next time you're in Maury County Park!

Brought to you by:  
Maury County Parks & Recreation and  
the Friends of Maury County Parks